

- a) at least one binder, selected from the group consisting of a curable or crosslinkable monomer, polymer or copolymer, physically setting polymer, or hydraulically setting inorganic substances,
- b) at least one substance which releases gases at elevated temperatures, selected from the group consisting of azo compounds;  
 hydrazine derivatives selected from the group consisting of 4, 4'-oxybis (benzenesulfohydrazide), diphenyl sulfone-3, 3'-disulfohydrazide, diphenylene oxide-4, 4'-disulfohydrazide, trihydazinetriazine or p-tolylenesulfonyl semicarbazide;  
 tetrazoles;  
 ? benzoxazines;  
 carboxylic acids and carboxylic acid derivatives selected from the group consisting of malonic acid,  $\alpha$ -ketocarboxylic acids,  $\beta$ -ketocarboxylic acids,  $\alpha,\alpha,\alpha$ -trihalocarboxylic acids, glyceridecarboxylic acids,  $\beta,\gamma$ -unsaturated carboxylic acids,  $\beta$ -hydroxycarboxylic acids,  $\beta$ -lactones or carboxylic anhydrides;  
 peroxo compounds;  
 ? peracids and salts thereof;  
 explosive substances, selected from the group consisting of the nitrates of glycerol, ethylene glycol, diethylene glycol, pentaerythritol and ethylenediamine, nitrocellulose, trinitrotoluene, picric acid, tetryl, hexogen,

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octogen, nitroguanidine, ammonium perchlorate, methylamine nitrate, hexahydro-1, 2, 3-trinitro-1, 3, 5-triazine, 2, 4, 6-trinitrophenol, N-methyl-N, 2, 4, 6-tetranitroaniline, and alkali metal azides and ammonium azides; *where taught?*

c) at least one friction-reducing additive.

17. A coating composition according to claim 16, wherein component b) is selected from hexahydro-1, 2, 3-trinitro-1, 3, 4-triazine, N-methyl-N, 2, 4, 6-tetranitroaniline and 2, 4, 6-trinitrophenol.

18. A coating composition according to claim 16, wherein component b) is in microencapsulated form.

19. A coating composition according to claim 16, wherein the friction-reducing additive is selected from graphites, metal sulfides, polyolefins and fluorinated polyolefins.

20. A coating composition according to claim 16, wherein the friction-reducing additive is selected from polyethylene, polytetrafluoroethylene, graphite and molybdenum disulfide.

21. A coating composition according to claim 16, wherein component a) has an average molecular weight in the range from 300 to 25,000.

22. A coating composition according to claim 16, wherein component a) is selected from thermoplastic polymers and copolymers.

23. A coating composition according to claim 22, wherein component a) is selected from (meth)acrylic resins, epoxy resins and polyurethanes containing isocyanate groups.

24. A coating composition according to claim 16, wherein component a) is selected from polyolefins containing, in copolymerized form, units having functional groups, polyamides, saturated